



**Spring Lake School District
H. W. Mountz School
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Dear Parents and Guardians,

Following our first year of implementation in addition to securing feedback from you through a survey, we, as Superintendent/Principal, Assistant Principal/Director of Student Services, School Nurse, and School District Physician have developed our 2018-2019 Food Allergy Awareness Guidelines in alignment with state law. While Mrs. Hanlon reaches out to the parents of our students with life threatening allergies, we ask that you please carefully review these guidelines in advance of the upcoming school year during these last weeks of summer and let us know if we can assist you in any way.

Sincerely,

**Dr. Raymond J. Boccuti
Superintendent, Principal, CSA**

**Victoria Hanlon
School Nurse**

**Krystyna Domogala
Assistant Principal, Director of Student Services**

**Patricia Manfredonia, MD, FAAP
School District Physician**

2018-2019 FOOD ALLERGY AWARENESS GUIDELINES

At H.W. Mountz we strive to maintain the safety of our students. If your child has a life threatening food allergy or food concern, please contact the school Nurse to discuss the best course of action. A doctor's diagnosis is necessary to accurately prepare a plan for your child.

To find foods that are safe to send into school, see the link below:

<http://snacksafely.com/safe-snack-guide/>

Snacksafely.com is updated every 2 weeks. Foods may be added or removed based on changes in manufacturing. **The most recent version is always available when you download from the link provided.** Please read the directions prior to using

this list. The top 8 allergens that are responsible for 90% of allergic reactions are addressed. Items on this list are commonly available foods which are free of peanuts, free of tree nuts, and free of many of the top 8 allergens (see the symbols).

For easy directions about how to use this guide see "How To Use The SnackSafely Guide" on the school nurse page of the website or contact the school nurse at 732 449-6380 (ext. 419) vhanlon@hwmountz.k12.nj.us .

Food allergic students will only be allowed to have snacks provided/approved by their parent. The following statement is from the snacksafely.com website "Never give food to a child with food allergies without explicit consent of the parent or guardian."

ADDITIONAL LIST OF FOODS THAT ARE SAFE/ACCEPTABLE

Fresh fruits: Examples - Apples, oranges, bananas, melon, strawberries (nothing chocolate covered)

Fresh vegetables: Examples - Celery, carrots sticks, cucumber, bell pepper slices, broccoli

***Snacks below may be safe but you must check the label every time:**

Snacks: Skinny Pop Popcorn, Lays Baked Potato Chips, Herr's mini pretzels

Frozen Treats: Luigi's Real Italian Ice, Minute Made Juice Bars

***When checking food labels any of the following are not allowed:**

"Peanuts/Tree Nuts or Nut Oils"

"May Contain Peanut or Tree Nuts"

"Processed on shared equipment with Peanuts or Tree Nuts"

"Manufactured in a plant with Peanut or Tree Nuts"

"Contains Peanut or Tree Nut Ingredients"

IN THE CLASSROOM

With written permission, the school nurse will share information about the food allergies of a student with all teachers and staff that work with the student during the day.

All staff are annually instructed in recognizing and responding to potential allergic reactions and how to read food labels.

Teachers will not use potential allergens in classroom projects, lessons or celebrations.

All birthday celebrations must be coordinated with the classroom teacher at least 72 hours in advance. Non- food celebrations are strongly encouraged and can be coordinated with the teacher. Some ideas are: Student may have a guest come in and read a story to the class, have a dance party, or play a favorite game with the class.

***72-hour advanced notice of any food to be brought in for celebrations must be emailed to the teacher and the school nurse.**

All foods brought in must have a label. The label must not list any of the items mentioned on previous page.

No foods from restaurants, bakeries, donut shops, or bagel shops are permitted unless they have a label/sticker certifying "Nut Safe/Nut Free."

Parents of food allergic children are encouraged to become a class parent. In addition, if they are available, they will be given first choice to participate in classroom endeavors. Class parents and teacher will coordinate all class parties.

With written permission from the parents, a student's allergy information will be shared with other class parents.

Teacher will enforce the "No-sharing" rule for food to protect all students from possible allergic reaction.

Parents of food allergic students will provide safe snacks/treats to be kept in the classroom or freezer. The stored snack will be used for the food allergic child anytime a snack/treat is needed. Food brought in by another parent will not be given to a food allergic student unless their parent has had the opportunity to inspect and approve.

The teacher will notify the parent of the food allergic child in advance of lessons, demonstrations, curriculum related food use, or celebrations to be sure there is a safe snack available.

All students PreK-8 will receive instruction on the importance of washing hands prior to and after lunch.

Teachers will be familiar with the Individualized Health Care Plan for any food allergic student in their class and be prepared to respond to an emergency as documented in the plan.

In the event of an allergic reaction where there is no know history of allergic reaction, the school nurse will be called.

If a student inadvertently brings a restricted food in the classroom he or she will not be allowed to eat that snack in the classroom. The teacher will select a suitable place for them to eat the snack.

Student lunches will be kept separate in the classroom to avoid cross contamination.

IN THE CAFETERIA

Students may bring in food containing peanuts/nuts to be eaten in the cafeteria. If your child is eating peanut/nut butter, he/she will not be allowed to sit next to a child with a peanut allergy. Please let your child know they have a lunch containing nuts and they should not sit next to a student with a food allergy.

All cafeteria staff will be informed of the presence of any student with severe food allergies. These students will be identified by name and photo. Staff will be trained in recognizing and responding to potential allergic reactions.

The “No- sharing” food rule will be strictly enforced by cafeteria personnel.

All students with food allergies are encouraged to eat at a peanut free table for safety reasons. Parents must sign a waiver if they do not wish to take advantage of the peanut free table. Cafeteria staff will make every effort to ensure that students with food allergies are not seated near students that are eating lunches that contain nuts. However, cafeteria staff cannot guarantee that any lunch is free of Nuts.

All children will be encouraged to wash their hands after eating and before using playground equipment.

FIELD TRIPS

If possible, the parent of a child with a food allergy will be asked to go on field trips. If no parent is available, an Epi Pen delegate or nurse will attend the trip.

An administrator or teacher will inform the school nurse of upcoming field trips at least one month prior to any trip to facilitate planning for any special needs on the trip.

Parents will be asked to send peanut free lunches if possible. The lunch of children with food allergies will be kept separate from other lunches to avoid cross contamination.

FUNDRAISERS

ALL food for fundraisers during school hours MUST comply with these guidelines.

All food for fundraisers outside of school hours must be labeled as “Nut Free” or “Contains Nuts.” Parents of food allergic students are encouraged to check/approve any snacks purchased after school hours. No snacks purchased after hours will be brought into the classroom.

Any offsite student activities involving food cannot be guaranteed to be Nut Safe/Nut Free. Therefore, Parents are encouraged to contact the facility for food allergy information.

We thank you for your assistance and cooperation in complying with state law to ensure the safety of all of our students. If you have any further questions, please contact the school nurse 732-449-6380 (ext. 419) or vhanlon@hwmountz.k12.nj.us .